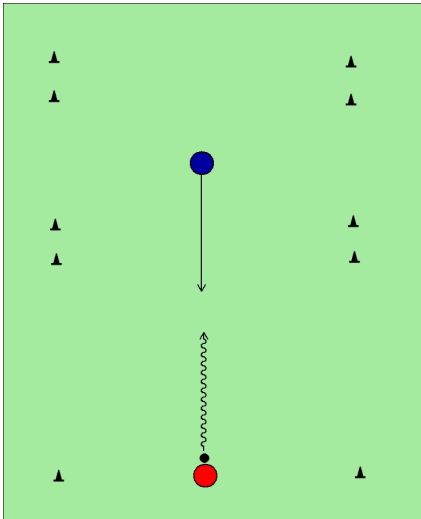




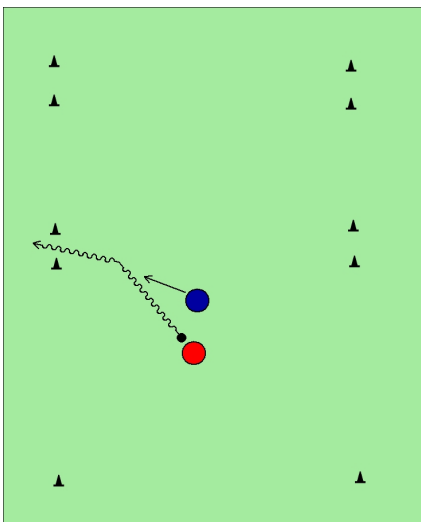
### 1 v 1 cone gates



#### How it works

The red player (attacker) moves forward with the ball in an attempt to try and dribble it through one of the four cone gates.

The blue player (defender) moves forward to prevent the red player from doing so.

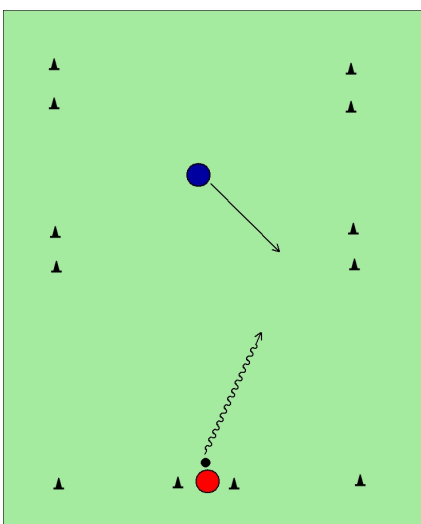


The red player scores one point for dribbling the ball through one of the nearer gates and three points if they go through one of the further gates.

The blue defender tries to win the ball in a tackle or pressure the opponent to make them move away from the gate or lose control. If this happens, both players must return to their start positions.

Play five times then swap roles.

Play 2/3 rounds and then change partners, putting players who got the most/least points against each other.



#### Possible changes

If the blue player wins the ball they can score three points by passing or dribbling the ball through the cone gate at the red players end of the playing area.

Play keeps going until one of the players scores a point(s) or the ball leaves the playing area, in which case both players return to their starting positions and begin again.

You could also play 2 v 1 or 2 v 2.